




FIRST ROOTS
AND NEWS


VOLUME ONE
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Did you know you can store these Vegetables without plastic? It's true!

 Basil: Airtight container or jar, loosely packed with a damp piece of paper. Can be left out on a cool counter.


 Beets: Cut off the tops of the beets to retain moisture (see below for info about storing the greens). Wash and store in an open container with a wet towel on top.

 Beet greens: airtight container with a little moisture
greens: Remove rubber bands, twist-ties, etc. Keep in an airtight container with a damp cloth. Kale, chard, and collards can keep in a cup of water on the counter or in the fridge.

 Zucchini: can be left out for a few days on a cool counter, even after cutting. For longer storage, wrap in cloth and refrigerate.

 Green beans: damp cloth draped over an open or loosely-lidded container.

Cucumber: wrapped in a moist cloth in the fridge

 fennel: first few days - upright in a cup or bowl of water, on counter. Later - in fridge in closed container, with a little water.

Adapted from "How-To: Store Fruits and vegetables" by the Ecology Center's Berkeley Farmers' Markets: www.ecologycenter.org

TOMATOES! LIKE MOST AWESOME THINGS
COME IN MANY DIFFERENT SIZES, SHAPES
AND COLORS. SOME HAVE STRIPES.
SOME ARE LUMPY-BUMPY (AND SOME
LOOK TIE-DYED!

USE YOUR IMAGINATION TO
DRAW SOME TOMATOES,
COLOR THEM IN AND
SHOW US YOUR
BEAUTIFUL PICTURES
AT THE NEXT PICK-UP!



WHAT ARE THE COOLEST, SILLIEST,
MOST FABULOUS TOMATOES YOU CAN
IMAGINE?

HERE ARE A COUPLE TO GET YOU
STARTED!



Cornbread and Collards Pie

earthy green collards and guttery cornbread..

For the collards:

1 bunch collards, chopped salt and pepper to taste

3-5 cloves garlic, minced 1 onion, chopped

For the cornbread:

1 cup cornmeal 2 Tbs. honey

1 cup whole wheat flour 1 cup buttermilk

1 tsp. baking soda 1 egg

1 1/2 tsp. salt 2 Tbs. melted butter

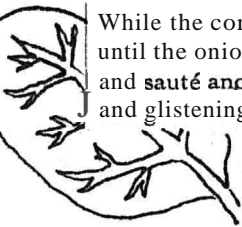
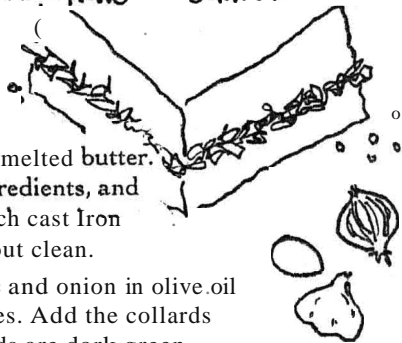
they were made to go together! also fantastic with kale or chard...

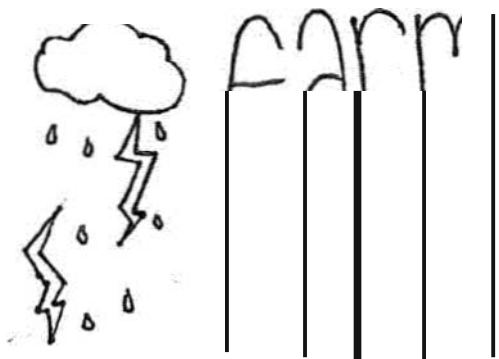
Combine the **dry** ingredients. Mix buttermilk, egg and melted butter.

Make a well in the dry ingredients, **pour** in the wet ingredients, and **mix** with a few **quick** strokes. Bake **in** a buttered 10-inch cast Iron skillet at 350 for 25-30 minutes or until a knife comes out clean.

While the cornbread is baking, **sauté** the garlic and onion in olive oil until the onions begin to soften, about 7 minutes. Add the collards and **sauté another** 5-7 minutes, until the collards are dark green and glistening.

Allow the **cornbread** to cool slightly, then turn out onto a large plate. Cut the loaf in half and spread the bottom half with butter. **Pile the cooked greens on** top, and replace the top half of the loaf.





I am exhausted. Bone and brain tired, **the kind** of tired **that** doesn't go away after a good night's sleep. can **feel it** deep in my muscles, on **the** soles of my feet and **the** back of my neck. It **is** the **kind** of tired **that** only comes at the end of July, four months deep into a six month season.

My farmer friends tell me that **July is the** hardest month. In **April** and **May** you're still fresh, **your whole** body craving work. In June there **isn't** time to be tired - you plant, **plant, plant, weed, weed, weed**, all day, every day. **July is** when you can see **what you did wrong**. The days are getting shorter, but it sure **doesn't** feel like it yet - you've been putting in **60-70 hour weeks** for a while, and you're not quite over the hump.

"Then: all my **farmer mentors** and friends and **neighbors tell** me, comes August. You're just harvesting, the weeds aren't so bad, **everything is** already slowing down."

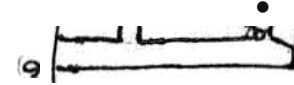
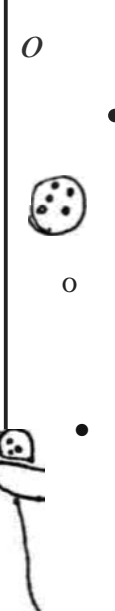
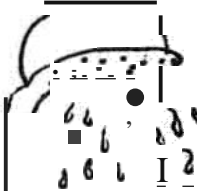
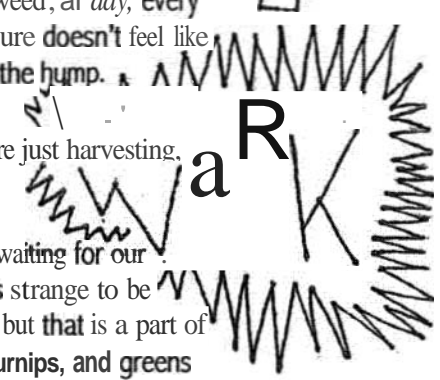
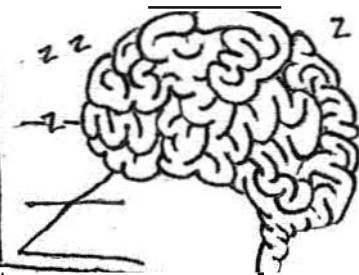
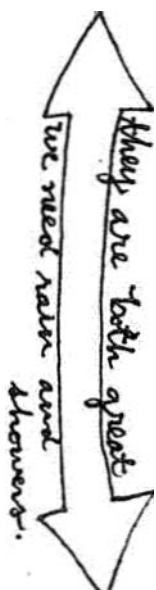
This week we seeded all of our fall carrots and beets, four 80' beds of each. We're still waiting for our spring carrots to size up; the drought seems to have sucked all the life out of them. It is strange to be seeding in preparation for fall when we haven't even harvested our very first planting - but that is a part of farming. **No matter what happens, no matter how many successions of carrots, beets, turnips, and greens** you loose, you just keep putting seeds in the ground.

We still have our last big planting of fall brassicas to put in the ground. Cabbage is in, but kale, broccoli, cauliflower, and chard are all waiting patiently for us to make enough beds for them in our fall field, known affectionately as "the outback." It feels like I'm holding my breath with them, waiting to rest until they're safe in the compost-heavy soil.

This afternoon, after a few scattered showers and thunderstorms in the last three weeks, it finally rained - good, hard, lasting, soaking, rain. Standing in the field, the rain watering in the just-seeded carrots and beets and soaking my clothes, was like satisfying a craving I've had for a long, long time.

I came in, took a hot shower, and baked chocolate chip cookies. While they were in the oven, I went out onto the porch to listen to the rain. On a bench next to the door, I found three ears of corn, husked and ready to eat - the gift of a fantastic, funny, generous, 92-year old neighbor farmer.

I think he'd agree with me that **July is the** hardest month, and that it's worth it. Not just to get through to the glory of August and the golden beauty of September, but for its own sake, too. The first corn, the first tomatoes, a good soaking rain, a whole lot of good work to look back on and be proud of, a whole lot of mistakes to learn from, a whole lot of days of sun and sweat and growing things.



happy eating 1

Lavra

